



## CASE STUDY: PROLOZONE

How Prolozone therapy gave back patient's quality of life after life-altering diagnosis

### AT A GLANCE

#### CHALLENGES

- Ellers Danlose Syndrome
- Traditional doctors couldn't help
- Quality of life in decline

#### BENEFITS OF PROLOZONE

- Pain decreased; function restored
- Cost-effective treatment
- Part of a team approach



#### Meet Dr. Noah Edvalson

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### MEET OUR CLIENT WITH EDS

Two years ago, Bree W., a 44 year old female client, presented to the Idaho Center of Integrative Medicine with Ellers Danlose Syndrome (EDS), a genetic disorder that weakens collagen all over the body, resulting in bones not being held in place, fragile blood vessels, and possible poor enzyme production.

Our patient had been diagnosed at age 38 while in graduate school for a counseling degree. At the time, she was experiencing constant pain. By age 40, she couldn't take a walk around her neighborhood and had developed arthritis in her SI joint.

### FINDING A DOCTOR TO HELP

The doctors who finally diagnosed Bree with EDS said that she would slowly get worse over time and that they could only manage her symptoms. She was determined to find a solution. That's when she learned about a prolozone therapy option in Florida. However, it was cost-prohibitive and she would have had to move across the country.

Thankfully, she found a local doctor who treated her with prolozone. After he retired, she found Dr. Noah Edvalson at the Idaho Center for Integrative Medicine and continued prolozone treatment that brought back her quality of life.

People suffering from EDS often have medical PTSD after being dismissed by doctors who don't know how to treat them. "The biggest thing is that for years after being told it was in my head, it's nice to be taken seriously and validated rather than just given an anti-depressant. Dr. Noah and Olivia, the Nurse Practitioner, have a terrific bedside manner."

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According to the Journal of Prolozone, treatment involves,  
*"...injecting various combinations of procaine, anti-inflammatory medications/homeopathics, vitamins, minerals, proliferatives, and a mixture of ozone/oxygen gas into degenerated or injured joints, and into areas of pain. The result of this combination is nothing short of remarkable in that damaged tissues can be regenerated and otherwise untreatable pain can be permanently cured."*

## A CUSTOMIZED PROLOZONE PROTOCOL

It has been two years since Bree started prolozone treatment at the Idaho Center for Integrative Medicine.

She receives prolozone once a month, or once every 2 months, depending on her symptoms, as well as an IV treatment monthly or based on her energy level. At first, coming every week for IV treatment was necessary.

At each visit, Dr. Noah palpates to find the most tender spots and then alternates injections of ozone with a simple solution of a vitamin mixture. The resulting inflammation helps the body do its work so ibuprofen or ice packs for soreness afterward is not recommended. Treatment usually requires a series of three injections for one area of the body. Because the body can handle only so many areas treated, Dr. Noah treats different ligaments at various visits. Bree has found it helpful to use an ice pack on the throat for vagus nerve calmness and distraction.

She reports that Dr. Noah says he has never treated as many body areas as in her case. When she started treatment two years ago, he treated her in the following order: first, the SI joint, then the neck due to migraines, then the spine and ribs, and, finally, ankles, feet, and knees which are the most painful to treat.

As for risks, they are rare to none. Reactions might occur if a person overdoes the injections or if they are administered too quickly. Dr. Noah advises about the most helpful schedule of dosages.

Recently, Bree experienced a small setback when she fell in the shower. Her ligaments re-loosened and she undid some of the treatment. Fortunately, she got back on track quickly with continued treatment.

## A COMPREHENSIVE PLAN AND TEAM APPROACH

According to Dr. Noah, the goal was to build a foundation for Wells using a team approach:

- A maintenance regime of Prolozone injections, especially because of the collagen degradation all over the body
- Low Dose Naltrexone (LDN) prescribed by one of our Nurse Practitioners to assist with inflammation and pain
- Functional Medicine visits with Dr. Noah to treat overall health and wellness
- IV treatment – often a Meyers Cocktail, an intravenous (IV) infusion of vitamins and nutrients

## PATIENT'S RESULTS AFTER PROLOZONE THERAPY

Bree reports marked improvement in the tightness of her ligaments and a significant decrease of pain. She now has days when her pain is so low that she can function normally. While the pain is not ever fully gone, she says,

"When I look at my feet, my toes used to curl but now my ligaments are tightened up and my arch is appropriate. It's a little bit of an experiment."

She also finds that weekly physical therapy and massage sessions help.

One silver lining is that patients with EDS look younger on the outside despite aging faster than they should internally due to the collagen degradation.

"Today, I'm able to exercise regularly," she says. "I got a paddle board and I use my IFIT above ground pool in my garage 2x week. I walk and bike. Prolozone with Dr. Noah gave me the hope that I didn't have when I got diagnosed."

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